

CONNECTION

January 2004

Defense Distribution Depot Susquehanna, PA

Volume 4, Number 1

Children's Holiday Party Held at Susquehanna Club

Mrs. Mary Ritchie
reads *'Twas the Night
Before Christmas* to
children attending.



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Captain's Corner

Happy New Year everyone! I hope you all had a great holiday season and start 2004 refreshed and ready to go. This year brings new challenges and new opportunities. In the fine tradition of our New Cumberland installation, our professional Quality of Life

Staff together with truly caring and involved installation community members will continue to make our installation a great place to live and work. The New Cumberland installation continues its active role in supporting our Nation's War on Terror. A number of our military members have recently deployed in support of those operations and more are scheduled to deploy in the next month. This is a time for our installation families to continue to reach out to each other and be the good neighbors, good friends and total family that we are to one another. Neighbors helping neighbors. One Team. One Family. Your Mayors and Family Services can provide assistance with support issues that increased OPTEMPO and deployments may raise.

I want to address appointments at our Medical Clinic for community patients. The New Cumberland Clinic is an extension of TRICARE and the Dunham Medical Clinic at Carlisle Barracks. The primary mission and purpose for the New Cumberland Clinic is for Occupational and Industrial Health. It has been available as a primary care facility for military personnel and their families when capacity permits. Starting in December and continuing through January, higher priority mission requirements will mean that our military families may be asked to use Carlisle Barracks or TRICARE for their primary care needs. The reason for this is to make room in the Clinic's busy schedule for physicals for new government employees being hired by DDSP. As you are all well aware, our deployed forces in Southwest Asia and around the globe, are still hard at it. DDSP is the main provider and largest shipment point for material going overseas to support our deployed Soldiers, Sailors, Marines, Airmen, Coastguardsmen and civilian personnel. In order to continue to support the demanding logistics and material needs of our deployed war fighting customers, and do so rapidly, effectively and accurately as they deserve, DDSP is in the process

of hiring some 680 new employees. This main mission area of the installation, quickly and accurately moving mountains of material to America's Armed Forces, must necessarily take priority for this short time. I appreciate your patience and understanding for the next few weeks. This issue contains health care information for military families, including options and points of contact.

Thank you to the hardy souls who came out to participate in our annual Tree Lighting Ceremony sponsored by our Family Housing Mayors. While the evening was cool and brisk, the event was a good time that included caroling, a vigorous countdown to the lighting provided by our kids, and then hot cocoa and cider, holiday cookies and making of holiday decorations at the Youth Service's Art Center. We also had a wonderful time at our installation's second annual Holiday Party for Military Residents and Families on December 14 at the Susquehanna Club, also sponsored and organized by our Mayors. More than 100 attended despite the heavy snow, making it one of the largest attended events of the year. Among a great many highlights, 100 voices in a rousing rendition of "12 Days" was certainly most memorable! Congratulations to our Mayors and community volunteers and all of our families for a tremendously successful event.

Please read through this month's issue for January's activities and events. Enjoy and please be safe this winter season.

Captain Rob Ritchie
Commander, DDSP

The Connection is an authorized monthly publication intended for civilian and military personnel and housing residents of the Defense Distribution Depot Susquehanna, PA (DDSP) and co-located activities at the New Cumberland Installation. The contents are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Defense Logistics Agency, Defense Distribution Center, DDSP, or any tenant commands. The editorial content is edited by, prepared and provided by the Community & Family Activities Office. Address mail to The Connection DDSP-H, 2001 Mission Drive, Suite 1, New Cumberland, PA 17070; wendy.keesey@dla.mil. Phone: 770-5072. The Connection may also be viewed at our web site: <http://www.ddc.dla.mil/qol/>

MWR Holiday Hours Of Operation Golf Club

December 31: 7:00 AM - 4:30 PM

Jan 1 - Closed - If the golf course is snow covered and unplayable on January 2 it will remain closed.

Snack Bar closed now until January 2

Until mid-March the clubhouse will be open on weekends if the weather is conducive and the course is playable.

Auto Hobby Shop

New Year's Eve 4:00 - 6:00 PM

New Year's Day - Closed

January 2: 4:00 - 8:00 PM

Auto Center

New Year's Eve: 7:30 AM - 4:00 PM

New Year's Day - Closed

January 2 7:00 AM - 5:00 PM

Fitness Center

New Year's Eve: 5:15 AM - 4:00 PM

New Year's Day - Closed

January 2: 5:15 - 9:00 PM

Bowling Center

January 1 thru 3 - Closed

All activities listed are closed on Martin Luther King Day (January 19) 9:00 AM - 3:00 PM

Riverview Golf Club

From now through - Feb 28

Winter Daily Greens Fees

18 holes - \$10.00

9 holes - \$ 6.00

Golf Cart Rental Rates

18 holes - \$ 10.00

9 holes - \$5.00

(OPEN UNLESS GROUND IS SNOW COVERED)

ADVERSE WEATHER ANNOUNCEMENTS

Media List

HARRISBURG AREA:

WGAL-TV Channel 8

WHTM-TV Channel 27

CLEAR CHANNEL BROADCASTING

WHP 580 - Talk Radio

The River - WRVV 97.3

WHP - CBS 21

WLYH - 15

Bob 94.9

Kiss 99.3

WNNK (WINK 104)

WTPA (93.5 FM)

SUNBURY BROADCASTING

WKOK - AM

WEGH - FM

WQK - FM

Newsradio 1070

Eagle 107.3

KX 94.1

WROZ (The Rose 101.3)

WKRZ (106.7)

WQXA (105.7 - The X)

GETTYSBURG AREA:

WGTY (Country 108)

WGET (1320)

CARLISLE AREA:

WHYLAM/FM

(Country 102)

YORK AREA:

WSBA (910)

(WARM 103.3)

**There will be no
January Spouse
Meeting due to the
holidays. The Active
Duty Spouse Meeting
will resume on
February 3.**

Holiday Spirit Shines at Children's Party

by Sherre Mitten-Bell, Public Affairs Officer

The 38th annual Children's Holiday Party hosted by the DDC Installation, was held on December 8, at the Susquehanna Club. Middletown,



Jim Ditzler arranged to have Santa visit the Children's Party.

Steelton-Highspire, Harrisburg and West Shore school districts determined who would attend and provided transportation. Together the districts selected 100 children, ages five to nine, who would not be afforded the holiday luxuries that their schoolmates enjoy. The children enjoyed many activities from the time the buses arrived at 9:30 AM. At the end of the party, packed with twice their original load, the buses departed around 2:00 PM. In addition to receiving over \$100 worth of presents, Santa handed each child a small gift as they thanked him and said their good-byes. "This annual event is important for a hundred, precious children, and it would not be possible without the selfless efforts of dedicated volunteers," said DDSP Commander CAPT Robert Ritchie.

Throughout the year, volunteer employees of the New Cumberland installation operate fund-raisers and gather donations from area businesses to fund the event. Equally important is support from the community such as local retirees, clubs, churches, and friends who donate money, items, and time. More than 65 volunteers, including some 15 military, transformed themselves into Santa's helpers for a day; they may have mended coats, handed out gifts, entertained, or doled out lots of one-on-one attention to the young guests. In return, the children shared their enthusiasm and wonder at the activities and gifts prepared just for them. Whether they were quiet or rambunctious, it was a party each child should long remember. Volunteers were rewarded with seeing the pure spirit of Christmas through the eyes a child.

The Children's Holiday Party committee wants to thank all who support the Party in any way. If you would like to be a part of the committee or assist with the fund-raisers, the Holiday Party Committee can be reached at 770-7442 or 770-7582.

What Gives With The Health Clinic ???!

by Frances Jackson, DDSP Health Clinic

You may have noticed how difficult it is to get an appointment at the USA Health Clinic over the past several weeks. Due to the required expansion of the civilian workforce at DDSP, the Health Clinic staff is tasked with providing employee physical examinations in support of this important mission. The requirement is a temporary one, expected to last through the month of January 2004. For people who use the USA Health Clinic for primary care, there will be times during the next several weeks when you want an appointment and none are available. There are two weeks, January 12-16 and January 26-31, where the requirement to perform examinations will exceed the capacity of the clinic's ability to provide routine health care.

If you need a medical appointment during these times, you should first call the clinic to see if there is one available. If not, and you are enrolled in TRICARE Prime, you may call the Dunham US Army Health Clinic (DUSAHC) at Carlisle Barracks (717-245-3400) and make an appointment. If no appointments are available at DUSAHC, you should contact Ms. Francis Jackson, your Health Benefits Advisor (717-770-4941), who will assist you in obtaining an appointment within access standards with a physician in the local TRICARE network. Remember, if you are enrolled in TRICARE Prime, in order to have your visit covered, you must utilize a network provider when available. All questions regarding appointments to the network and payment for services should be directed to Ms. Jackson. It is best to deal directly with her.

If you are not enrolled in TRICARE Prime, then you are in TRICARE Standard. Access to care standards do not apply in your case, and when you are unable to access care in the USA Health Clinic, and must be referred out to a physician in the local TRICARE network, you are subject to the rules requiring deductible and co-pay charges.

The plan is to complete the expanded requirement for civilian employee physical examinations by the end of January 2004. Hopefully, normal operations will resume after that time, but stand ready to support the Occupational Health mission of DDC if called upon again. There are no plans, nor have there ever been plans to permanently curtail operations at the clinic, or close it.

DDSP AUTO CENTER

by Jim Marshall, Business Manager

The Auto Center located at the corner of 15th Street and J Avenue is now prepared to offer the new state required vehicle emissions testing. The staff has completed the emissions certification classes and is now certified to perform this required testing on your vehicle. In addition, the Auto Center has purchased on-board diagnostic equipment to perform the required testing of the emissions and fuel cap.

This testing is required for all vehicles: 1996 and newer vehicles must have the on-board diagnostic and gas cap testing performed; 1975-1995 vehicles must have the gas cap test and a visual inspection of the emissions system done. Vehicles with a model year before 1975 will not be required to have any emissions testing performed.

This required emissions testing began in December for Cumberland and Dauphin county residents. Berks, Lehigh and Northampton county residents began this month and Lancaster, Lebanon and York residents will start in February. Please contact the Auto Center at 770-5701 for the emissions implementation schedule for all other counties in the state.

The cost will be \$35 pass or fail with a free retest in thirty days and for exempt vehicles (new vehicles or vehicles driven less than 5,000 miles/year the cost is \$30). The

inspection does not include the cost of repairs, parts or adjustments.

The Auto Center will be offering free emissions briefings on January 14 and 21 from 1600-1700 hours. The new emissions laws will be discussed as well as a chance for all participants to see the equipment that will be used to perform the required tests. Please

A black rectangular box with the text "Happy New Year" written in a white, slanted, sans-serif font.

Local Citizen Supports Military Families

by Rick Pedzwater, Family Advocacy Manager

Ms. Karen Powell loves infants, and she used her creative talents to design and manufacture a product to help parents of infants. Karen created the "Karen's Carrier" which is a cloth baby sling that doubles as a portable changing blanket. She is active in the LaLeche League and lives near Hershey Medical Center, where her carriers are used in their infant and parent classes. Several months ago, Karen donated a supply of her carriers to DDSP Family Services for distribution to military families of deployed service members. Her carriers are a big hit with the military families who received them. Karen feels that it is her way to show her support of our military families who make sacrifices to protect our freedom.

Thank you, Karen!

Women's Club Luncheon

January 21, 2004

**11:30 AM - Social
12:00 PM - Luncheon**

**R.S.V.P. to
Margaret Strumsky
at 763-1714
or Allison Wilson
at 763-0343**

If you know of any military families with deployed service members who could use this product, please contact Rick Pedzwater, Family Advocacy Program, at (717) 770-7066 / DSN 771-7066.



Karen's Carrier

DDSP RECYCLING PROGRAM

Sue Hutchison, Recycling Program Manager

You all know that we have a Recycling Program here at our installation; however, some of you may not know that we have a “Recycling Store”. It is located in our brand new Building 49B, adjacent to the program’s administrative office and across the parking lot from Building 49A which houses our large baler used in baling cardboard and paper that is collected throughout the facility.

Items that are sold, include but are not limited to: office furniture, i.e., desks (both wood and metal), chairs (cloth, rolling, stationary, leather, plastic), filing cabinets (2-4-5 drawer) in various colors and conditions, book cases, credenzas (wood and metal), computer tables (wood, metal, large and small), some houseware items, i.e., sofas (cloth, leather, vinyl), chairs, refrigerators, wall lockers (single and double) cabinets (supply), fluorescent light fixtures (without bulbs), carpet runners, carpet squares, etc.

We do have a section on the DDSP Home page titled Recycling Store. It is currently under construction and we hope to have it available by the New Year.

Keep in mind that we may not have all of these items at any one time, since we get our “supply” from offices that are being remodeled, areas that just don’t need the items anymore, or from buildings that are being demolished. If you are interested in a specific item, you may come in to see if we have it or call the Recycling Sales Office at 770-5961 before you come to the building.

Our policy is “first come – first served” and “cash and carry”. If you are shopping and see an item you would like to purchase, you must pay for it and take it at that time. We do not tag or hold items and you may not pay first and come get it later. It is the responsibility of the buyer to remove and transport all items purchased. We do accept cash, checks and money orders. If a personal check is returned, a \$10.00 return fee will be added to the purchase price.

The store hours are 8:00 AM to 3:30 PM Monday through Friday. If those times are not convenient (if you are on a different shift), please call the office and

we will make every effort to work around your time schedule.

Over the past few years you may have seen our “Bid Sheets” or most recently our “e-bids” on the DDSP Homepage. These are items that typically come from Non-Appropriated Fund (NAF) areas of our installation (Golf Club, Post Dining Services, Bowling Alley, Child Day Care, Billeting, etc.). Items in the past have included: bunk beds, day beds, stoves, dishwashers, some electronic equipment (copier/fax), televisions, golf carts, etc. The Recycling Program is only used as a vehicle for NAF to sell those items. We do not set the minimum bids and many times we don’t “show” the items. We advertise the items, accept and award the bids, and receive the revenue from the buyers and then turn the money from those sales over to the appropriate NAF activity.

The only time our Recycling Program uses the bidding format is to determine a price for something that has never been sold through the program before. All set prices for items within our program (items sold at our “store”) has, at one time or another, been “out for bid” to determine a standard selling price.

The bid lists are used only when we have several items to put out on bid. There is no standard time line of every two weeks or once a month. Bid sales are advertised on hard copy fliers that are distributed throughout the installation by the installation mail service and are also advertised on the DDSP Homepage. You may only access the DDSP Homepage from your office, not from home. Typically, bids run for a two-week time period unless there is a requirement for a quick turn around. The winning bids are notified and the winners then have one week to pay for and remove the items that they were awarded. We only contact the winners of each bid item. If you bid on an item and do not hear from the recycling office within 2 days from the end of the bid, chances are you were not the highest bidder. If you would like to verify that, you are encouraged to call the Recycling Sales Office. You will be told what the exact winning dollar amount was.

If you have any questions, please call 770-4103 or Jim Marshall, Business Manager at 770-2883.

Request For Scholarship Application

The Depot Women's Club, New Cumberland, PA is pleased to announce the availability of scholarships for high school seniors' class of 2004.

Scholarships are for academic excellence and leadership at an accredited college/university or vocational/technical school. Revenues from various fund raiders will determine the number of scholarships awarded. The scholarships are for tuition only and are sent directly to the recipient's college/university or accredited vocational/technical schools.



Eligibility Requirements

To be eligible, the recipient must fulfill ALL of the following:

1. Be a legal dependent residing with an employee, active military or civilian assigned to DDSP, DDC or tenant operations at New Cumberland, PA or be a legal dependent of and residing with retired military/ Department of Defense (DoD) personnel in Cumberland, Dauphin, Perry or York Counties. Or applicant must be a legal dependent of military personnel who are on temporary duty or a hardship tour away from DDSP, DDC, or tenant operations, leaving the family behind in Cumberland, Dauphin, Perry or York Counties.
 2. Be a graduate of a high school in one of the listed counties.
 3. Have a GPA of 2.5 or higher on a scale of 1.0 – 4.0
 4. Be active in school and community activities.
 5. Have demonstrated leadership qualities and abilities.
- ◆ The applicant's race, religion or nation origin will not affect eligibility.
 - ◆ Students enrolling at any U.S. Service Academies and students accepting full scholarships covering tuition, fees, room and board are not eligible.
 - ◆ Applicants must be enrolled as a full-time undergraduate student as defined by the educational institution during the following academic year (through spring term).
 - ◆ Eligibility will be determined by sponsor's status as of the closing date of the application.
 - ◆ Decisions of the committee are final.

Depot Women's Club Request for Scholarship Application

(Additional request applications available at Family Services, Building 2001, 2nd floor)

Eligible high school seniors please complete this form and mail no later than:

January 20, 2004

to

Mrs. Heidi Castle

Scholarship Chairlady

5149 Kylock Road

Mechanicsburg, PA 17055-4820

PLEASE PRINT

Name _____ Home Phone _____

Address _____ City _____ Zip _____

All applicants please include photocopy of both sides of your student I.D.Card.

High School _____

Address _____

Sponsor's Name _____ Address _____

Sponsor's Organization _____

Address _____ Phone _____

Please list all of the schools to which you have applied:

_____	_____
_____	_____
_____	_____

I understand that any funds, which may be awarded for my benefit, will be for the sole purpose of furthering my education in an accredited college/university or vocational school/technical school of my choice. The funds will only be released by the Depot Women's Club Scholarship Award Fund in response to a bill on my account submitted by the school of my choice. The fund will be paid directly to the school on my account.

Applicant's Signature _____ Date _____

All information on your request for application will be treated in a strict confidential manner.

Army/Navy Game

by SFC K. Anthony, NCOIC, Aerial Delivery and Textile Section

The DDSP Riggers hosted the DDSP 2nd annual Army/Navy Game party held at the Riverview Golf Club. Fortunately, the 4:00 PM. kick-off was not delayed due to the snow. CW3 Frazier coordinated with the friendly staff at the golf course to have the place available. SSG Zambon and SSG Decosta decorated the place in Army Airborne fashion with camouflage netting and parachutes for the 12 Navy personnel, 12 Army personnel, 1 Airman and 1 Marine in attendance. Everyone enjoyed watching the football game on a big screen TV located inside the Club's



restaurant area. There were plenty of snacks: sodas, chips and even 3-foot subs that were ordered especially to make the Navy personnel feel welcome. Drawings were held at halftime and at the end of the game, a basket filled with goodies donated by a local recruiting company was awarded. Also, Army headgear and camouflage sticks were given out as prizes. SFC Diggs won the first prize and SK1 Howell won the second prize during the game. The Army lost to the Navy 34-6, but still, everyone had a good time.

YOU'RE INVITED TO ATTEND "ACTIVE PARENTING NOW" for parents of children ages 5 to 12

by Rick Pedzwater, Family Advocacy Program

Have you ever wondered if there's a better way to handle those daily parenting issues?

You can become more successful at parenting – the most important job of your life – with "Active Parenting Now," the acclaimed video and discussion program designed by parenting expert Dr. Michael Popkin. This workshop is sponsored by the DDSP Family Advocacy Program and will be led by a trained, certified parent educator. This workshop will show you effective ways to:

- Use nonviolent discipline techniques that work
- Improve communication with your children
- Teach responsibility and other important values
- Handle problems as they come up
- Cope with difficult topics such as drugs, violence, and sex
- Defuse power struggles with your children
- Stimulate independence as your child grows older
- Encourage your children to be their very best!

This informative and entertaining workshop uses video, activities, and discussion to show you ways to raise responsible, cooperative children who are able to resist negative peer pressure. You'll leave each session energized and motivated to make changes in your own family's daily routine that will lead to greater family unity!

Call 770-7066 now to reserve your slot for this workshop!

FAMILY ADVOCACY PROGRAM

January - Calendar of Events

January 6, 13, 20, 27 5:30 – 7:30 PM
ParentWorks Evening Play Group
Bldg. 400 - Behind Clinic

January 7 4:15 – 5:00 PM
Teenline: Anger Management II
SAS – Building 286

January 8, 15, 22, 29 9:30 – 11:30 AM
ParentWorks Morning Play Group
Bldg. 400 - Behind Clinic

January 14 9:00 – 10:00 AM
Recognizing Depression 11:00 AM – Noon
In-Flight Café Annex – EDC

January 21 11:00 AM – Noon
Caregivers' Support Group
In-Flight Café Annex

Teenline: Sharing Yourself 4:15 – 5:00 PM
With Others While Asserting Yourself
Building 286

January 28 3:00 – 4:00 PM
FAP Goes to Kindergarten
Building 351

"Why Does My 4:15 – 5:00 PM
Parent Have to Go?
What Do I Do?"
Building 286

If you have questions about these events or if you want FREE resource materials on a wide variety of personal and family matters, contact Rick Pedzwater, Family Advocacy Program Manager, at 770-7066 or by email at richard.pedzwater@dla.mil

Martin Luther King Day
January 19

Communicating with Children

Source: The Healthy Parenting Initiative

We communicate with children long before they can talk. Communication begins as soon as a baby is born and begins to bond with parents. Families strengthen this bond through a communication system. This system supports family members as they share their thoughts and feelings. It also teaches family members to talk and listen to one another.

To help your child communicate with you, step into his or her world. In order to build healthy self-esteem, children need their parents to value their thoughts and feelings. Ask them about their likes and dislikes. When talking to your children, stop what you are doing and listen to what they are saying. Children will more likely listen to you if you listen to them.

1. Why are family meetings important?

Family meetings give everyone regular times to discuss family issues. These meetings can be used to plan family activities, celebrate, and solve problems. They help families learn to work on teams. They also give children a chance to practice communication, decision-making and problem solving skills. All family members should be able to express their feelings and ideas.

2. How can meetings be used to solve problems?

Meetings can be used to solve family problems over chores, use of the television, and sibling conflicts by following these steps:

- * Identify the problem. Each family member should describe the problem and talk about how they see it.
- * Think of possible solutions to the problem.
- * Consider solutions to the problem.
- * Talk about how the solutions are working at the next family meeting.

3. I feel like I'm always negative when I talk with my 8-year-old child. How can I make our communication more positive?

Parents might mean well, but negative messages don't teach children responsibility. Stop and listen to yourself. How you say something is as important as what you say. Nagging, criticizing, or threatening can be very discouraging. Encourage children to let them know that they are valued. "I need to use the

phone in five minutes.” “Do you need any help with your homework?” Sometimes fewer words are better - “Billy, Bus!” Giving children choices also helps them feel confident. “Would you like to start your homework before or after dinner?” Use **I messages**. “I feel tired tonight. I could use some help with the dishes.” Use descriptive language to make your point. “The jar broke. We need a broom.” When you need to talk with him about his behavior, keep it short and to the point. Otherwise, he will learn to tune you out. Be careful about sharing feelings with children when you are angry. Sometimes you may feel too angry to deal with the situation right away! If this is the case, tell your child you are angry and will talk to him once you have calmed down.

4. My 9-year-old used to tell me everything. Now, I have to ask a million questions! What have I done wrong? Probably nothing! As children grow older, they often begin talking less with their parents. They may need time alone to sort out feelings or fear their parents will lecture them. It is important to spend time talking casually with your child. Find times when you can have each other's undivided attention. Look at your child when talking and listening. Be actively interested. Ask open-ended questions. “What do you think about that?” “How do you feel about that?” Show respect even if you disagree. Remember, your child has his/her own point of view. Try not to criticize, judge or interrupt your child while he/she is talking.

Strive to be an approachable and understanding parent who is always willing to listen.

5. Sometimes, I feel like I'm repeating myself over and over again to my 7-year-old, but not really getting my point across. How can I make sure I get the point across? Instead of repeating yourself, you need to find out if you have been heard. When you announce that you are leaving in five minutes and your child does not answer, ask what you have just said. Can your child tell you? If so, you can answer, “Now that I know you know, I won't have to mention it again.”

6. When I ask my 10-year-old what happened at school today, I get “Nothing.” I want to keep up with what is happening in my child's life, but I get replies like this. What can I do? A lot of times, kids just don't know how to answer a general question. It can be tough for younger children to remember and sum up what they did all day. As children become teens, they usually say very little about what they do all day. Instead of asking your child general questions about his day as soon as he comes home, give him time to relax. You can ask more specific questions later. Another suggestion is to use newsletters sent home from teachers to gain information, and give you topics to discuss with your son. Also, be sure to make yourself available when he does want to talk with you about school.

Sometimes, It's Not Just a Bad Day

Everyone occasionally has a bad day. When that bad day lasts for weeks, it's time to see your primary care provider. Like asthma, heart disease, or diabetes, depression can be a serious illness. Left untreated, it can lead to suicide. If you are feeling depressed, ask your primary care provider for a depression screening. It could save your life!

For the next several months FAP will provide different information on depression, the types of depression, causes, and how it affects different people. You can meet with Rick Pedzwater, FAP Manager, Wednesday, January 14 from 9:00 - 10:00 AM or 11:00 - Noon at the In-Flight Café Annex. He will discuss the signs of depression and hand out the self-scoring Beck Depression Inventory. This month please note that the three FAP table displays (EDC main lobby, EDC In-Flight Café lobby and Building 54 outside the Credit Union) will have booklets available from our resource library of personal relationship materials with information on depression.

In any given year, 9.5 percent of the population, or about 18.8 million American adults, suffer from a depressive illness. The economic cost for this disorder is high, but the cost in human suffering cannot be estimated. Depressive illnesses often interfere with day-to-day functioning and cause pain and suffering for those

Continued on page 14

who have a disorder, but also to those who care about them. Serious depression can destroy family life as well as the life of the ill person. Much of this suffering is unnecessary.

Most people with a depressive illness do not seek treatment, although the great majority can be helped. There are now medications and psychosocial therapies such as “talk therapy” that ease the pain of depression. Unfortunately, many people do not recognize that depression is a treatable illness. If you feel that you or someone you care about is one of the many undiagnosed depressed people in this country, the information presented here may help you take the steps that may save your own or someone else’s life.

How to Help Yourself if You’re Depressed

Depressive disorders make you feel exhausted, worthless, helpless, and hopeless. It is important to realize that these negative views are part of the depression and typically do not accurately reflect the actual circumstances. Negative thinking fades as treatment begins to take effect. In the meantime: Set realistic goals in light of the depression and assume a reasonable amount of responsibility. Break large tasks into small ones, set some priorities, and do what you can as you can.

Try to be with people and to confide in someone; it is usually better than being alone and secretive. Participate in activities that may make you feel better. Mild exercise, going to a movie, a ballgame, or participating in religious, social, or other activities may help.

Expect your mood to improve gradually, not immediately. Feeling better takes time.

It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition, change jobs, get married or divorced, discuss it with others who know you well and have a more objective view of your situation. People rarely “snap out of” a depression. But they can feel a little better day-by-day.

Remember, positive thinking will replace the negative thinking that is part of the depression and will disappear as your depression responds to treatment. Let your family and friends help you.

How Family and Friends Can Help the Depressed Person

The most important thing anyone can do for the depressed person is help him or her get an appropriate diagnosis and treatment. This may involve encouraging the individual to stay with treatment until symptoms begin to ease, or to seek different treatment if no improvement occurs. On occasion, it may require making an appointment and accompanying the depressed person to the doctor. It may also mean monitoring whether the depressed person is taking medication. The depressed person should be encouraged to obey the doctor’s orders about the use of alcoholic products while on medication. The second most important thing is to offer emotional support. Family and friends need to show more

understanding, patience, affection, and encouragement. Engage the depressed person in conversation and listen carefully. Do not disparage feelings expressed, but point out realities and offer hope. Do not ignore remarks about suicide. Report them to the depressed person’s therapist. Invite the depressed person for walks, outings, to the movies, and other activities. Be gently insistent if your invitation is refused. Encourage participation in some activities that once gave pleasure, such as hobbies, sports, religious or cultural activities, but do not push the depressed person to undertake too much too soon. The depressed person needs diversion and company, but too many demands can increase feelings of failure. Do not accuse the depressed person of faking illness or of laziness, or expect him or her “to snap out of it.”

Eventually, with treatment, most people do get better. Keep that in mind, and keep reassuring the depressed person that, with time and help, he or she will feel better.

Becoming the Father You Want to Be (Part 2)

Last month we introduced you to the first part of a series from Army One Source that will be appearing in the newsletters. This month we will focus on identifying obstacles that men face in becoming the fathers they want to be.

Identifying the Obstacles

A number of forces combine to make it hard for men to be the fathers they’d like to be. Some of these are

common to both men and women, and some are unique to men.

Time Pressures

Work demands make it hard to find time for family. The pressure to spend more time at work seems to be increasing as companies demand more of employees and the boundaries between work and the rest of life become blurred. With growing competition and higher expectations from consumers, it's a fact that companies need to expect more efficient and higher quality work from employees. With flexible work hours and new ways to communicate electronically, it can be hard to turn work off and carve out time for family.

Attitudes About Men's Roles at Work and at Home

Many men tip the balance in their lives toward work out of fear of what others will think. They worry if they show they care about their families, they will somehow show that they don't care about work. It takes a confident father to take paternity leave to care for a new baby. Whether it's spoken or not, many people hold to the belief that caring for young children is "women's work" and that a father's place is on the job.

Disagreements with Spouse

While many women want their husbands to participate more at home, couples often disagree about the best way to handle parenting situations. Without confidence in their parenting skills, many men respond to the conflict by withdrawing and letting their wives deal with the children. The result: *both* partners are unhappy. . Both of you need to step back, take a few

minutes and then try and negotiate the disagreement.

Winning the Chore War

"How many times do I have to remind you to take out the trash?" Sound familiar? Household jobs are a part of every family's daily life, yet they tend to create ongoing conflict. Give yourself a pat on the back if you assign your kids chores. It's an important way kids learn responsibility. Even children as young as two years old can help out around the house. Here are a few pointers for making the process easier on everybody.

Have a Plan

Kids thrive on routine. It's best if they have routine chores. For instance, clearing the table is done right after eating. Trash is taken out immediately after the kitchen is cleaned up. Bed is made right after dressing. The more you develop these routines, the less reminding you will have to do. When you do have to remind your child it can be a brief statement, such as "Trash Time." With more than one child you can rotate chores, but keep in mind it will take extra effort to develop new routines. Visual reminders help kids stay on track. A poster, chart or job board can help kids stay focused.

Train and Encourage

Use a four-step process when introducing a new job. First, you do the job, narrating as your work, while the child watches. Next, do the job together. Third, the child does the job while you watch, coach and encourage. Fourth the child is ready to go it alone. If you eliminate training then you open the door for battles since you will both be

operating under different expectations.

Follow Through

Once you decide on a plan, do your best to stick to it every day. If you allow excuses and delays then you'll find yourself fighting with your child. If you have a kid who fights the routine, establish a consequence for failure to complete chores and follow through without anger or threats.

Who Does What

Here's a list of ideas to get you thinking about what your kids are capable of doing.

Ages 2 - 3 years.

Put away toys.

Help set table.

Ages 4 - 5 years.

Get the mail.

Help with yard work.

Feed Pets

Ages 6 - 7 years.

Clear the table after meals.

Pour own drinks and snacks.

Empty wastebaskets.

Ages 8 - 9 years.

Run/take own bath.

Sweep or mop the floor

Load and run dishwasher.

Ages 10-11 years.

Mow lawn (with supervision).

Help prepare dinner.

Clean kitchen.

Ages 12-14 years.

Grocery shop (small list).

Prepare a dinner meal.

Clean bathroom.

For more information, call Rick Pedzwater (FAP) at 770-7066.

2004 Pay Raises Now Official

The recently signed 2004 National Defense Authorization Act includes an active duty pay increase of at least 3.7 percent to all military members. Although the average pay raise is 4.15 percent, active duty Warrant Officers and Enlisted personnel will be receiving a pay raise that ranges from 3.7% to 6.25% with the largest percentages going to enlisted service members E-5 and above. Commissioned Officers on the other hand will receive a flat 3.7% pay raise across the board. The new raises are effective on January 1, 2004, this means service members will see the increase in their January 15 paychecks.

Future Equal Percentage Pay Raises

The 2004 National Defense Authorization Act amends the previous law, which required that the FY 2005 and FY 2006 raises be at least a 1/2 of a percentage point above the Employment Cost Index.

The new law directs the Executive Branch to set the annual military pay increases after FY 2006 to the increase in the Employment Cost Index. Based on current private sector data, this means the FY 2005 pay raise should be at near 4.4 percent and the FY 2006 raise should be at closer to 3.9 percent across the board.



Barbara Harris, President of the Depot Women's Club (DWC), presented Denise Casey a check for DDSP Mayors programs at the November meeting. The money is to support the Mayor's Food Basket Drive and holiday programs for military families



Red Cross Needs Assistance for Wounded Soldiers

The American Red Cross at Walter Reed Army Medical Center is looking for incidentals/comfort items for sick and wounded Armed Forces Personnel now recuperating at the hospital. When someone is stationed in Iraq, Afghanistan or elsewhere and is wounded or falls ill, they are immediately evacuated, and it can take weeks for their personnel effects to catch up with them. The Red Cross is asking for donations of any of the following:

- telephone cards of at least 30 minutes
- rolling luggage (small), totes, carry-ons
- individually wrapped snacks
- magazines
- notepads, pens
- playing cards and games
- sweat pants and shirts (all sizes)

All items should be addressed to:

ATTN: Barbara Green,
American Red Cross
Walter Reed Army Medical Center
6900 Georgia Ave, N.W.,
Washington, DC 20307-5001.

Checks should be made out to the American Red Cross. For more information, call (202) 782-2080 or e-mail Barbara.Green.1@AMEDD.army.mil.

New 2004 Guide to Military & Veteran Education Available

Service members and veterans interested in using their GI Bill benefits now have a new resource. The 2004 Guide to Military & Veteran Education has been released as is available at no cost to Military.com members. The Guide provides valuable information and tips on using GI Bill benefits, getting college credit for military service, accelerated degree programs, and finding additional money to fund education. The Guide is free and is available to all service members, veterans and dependents who request information on degree programs from military-friendly schools. Request information at <http://www.military.com/Education/>

Installation Christmas Tree Lighting

The Installation Christmas Tree Lighting was held on Thursday, December 11. In spite of extremely windy conditions, several families braved the cold to light the new Christmas tree planted at the current Youth Services Center. After singing a few carols and lighting the tree, the Installation Mayors provided hot cider, hot cocoa and cookies, and Youth Services provided a holiday craft for the kids.

The 2nd Military Family Holiday Party sponsored by the Installation Mayors was held on Sunday December 14 at the Susquehanna Club. The young at heart enjoyed cookie decorating, coloring, and stocking decorating while waiting for dinner and Santa to arrive. The Susquehanna Club served a wonderful buffet and was the perfect setting for the Holiday Party. Santa arrived with presents for the children. Music was provided by: Lori Nowaczyk, TJ Schwenk, and Christopher Rumple. Special prizes were given to families and children.

It was a wonderful community event. The party was made possible through mayor-sponsored fund-raisers and a donation from the Depot Women's Club.



Activity	Manager	Building	Telephone Number
Auto Center	Jim Marshall	250	770-5701
Auto Hobby	Wayne DeWolf	250	770-5699
Child Development Center	MaryAnn Jordan	351	770-7525
Defense Dining Facilities	John Ewell	2001	770-5125
Family Advocacy Program	Rick Pedzwater	2001	770-7066
Fitness Center	Wayne De Wolf	459	770-6428
Housing and Lodging	Kasandra White	268	770-8938
NAF Employment	Glenda Frazier	400	770-8010
Recycling Center	Jim Marshall	49B	770-5961
Riverview Golf Club	Bob Dunkinson	300	770-5199
School Age /Youth Services	Amanada Munoz	286	770-6768
Susquehanna Club	Sharen Ewell	79	770-3030
QOL Customer Service	Wendy Keesey	2001	770-5072

Prepaid Phone Card Tips to Military Families and Friends

With the holidays approaching and many members of the Armed Forces serving overseas, here are some tips on sending a cost-effective “special thanks” to service members. Since calling home is one of the most appreciated gifts a service member can receive, many Americans will want to give prepaid phone cards this holiday season.

Well wishers who would like to help service members separated from their loved ones during the holidays give through one of several worthy nonprofit organizations devoted to the military. Organizations such as the United Services Organization (www.usocares.org), have programs set up to collect donations and the ability to get cards to the places where service members are stationed in service to the United States.

For friends and family members who wish to send a loved one overseas a prepaid phone card, here is how to avoid confusing prepaid phone card units, often expressed as domestic minutes, with international talk time minutes.

When prepaid phone cards are used to pay for international calls, multiple (domestic minutes) units will be required for each minute of talk time. The number of units that will be used per minute of talk time depends on a number of factors, such as the countries where the call originates and terminates, the denomination of the card, and the retail outlet where the card is purchased.

Since PrePaid Phone Cards are sold through tens of thousands of retail outlets, a major phone card provider suggests consumers comparison shop in the U.S. in order to choose prepaid phone cards that will give good value when used by service members overseas. Here's how :

Purchase cards to test from a few different retailers. For each card, check the number of units that will be deducted per minute of talk time from the country where your service member is stationed. Many phone cards have web sites where this can be checked or call the customer service number on the back of the card.

Then, for each card, determine the per-minute rate for calling from the country of its intended use. To do so, divide the amount you paid for the card by the number of

Installation Services Briefing

Are you in-the-know or in-the-dark about what's happening here?

Get the information from the experts!

When: March 2, 2004 at 1:00 PM

**Executive Conference Room
Building 54, Door 11**

Information on programs for those who live or work here!

**Relocation Assistance,
Family Advocacy, Child and Youth,
Housing/Lodging, Health Clinic and
More!**

units listed on the card and multiply the result by the number of units that will be deducted for a minute of talk time from that country. For example, if you paid \$10.00 for a 100-unit card that you've determined will use 6 units for a minute of talk time ($\$10/100 \times 6$), the per-minute rate is \$.60.

Also, determine the amount of talk time your recipient will get using each card. Divide the number of units listed on the card by the number that will be deducted per minute of talk time for calls from that country. Using our example, 100 units divided by the 6 units that will be used for a call, gives 16 minutes of talk time.

Finally, compare the cards and select the card that gives the most talk time at the lowest per-minute rate for calling from the country where your service members is stationed. You probably will want to select a card that gives your service member at least 10 minutes of talk time.

Calendar of Events

January 1 - New Year's Day

January 16, Susquehanna Club Social, R.S.V.P. NLT January 14 by calling 717-770-3030

January 10 – 17, Pennsylvania Farm Show - Farm Show Complex. 2301 North Cameron Street. Harrisburg, PA. 717-787-5373.

Jan. 19, Martin Luther King, Jr. Day

Museums

AACA Museum, INC.
501 W. Governor Rd, Hershey, PA 17033
717-534-1910

Cornwall Iron Furnace
Boyd St & Rexmont Rd, Cornwall, PA 17016
717-272-9711

Eastern Museum of Motor Racing
100 Baltimore Rd, York Springs, PA 17372-9611
717-528-8279

Fort Hunter Mansion & Park,
5300 N. Front St, Harrisburg, PA 17110
717-599-5751

Hershey Museum
170 W. Hersheypark Drive,
Hershey, PA 17033
717-534-3439

Hershey's Chocolate World Visitor Center, 800 Park Blvd., Hershey, PA 17033
717-534-4900

Middletown & Hummelstown Railroad Company, 136 Brown Street, Middletown, PA 17057
717-944-4435

National Civil War Museum
Lincoln Circle at Reservoir Park,
Harrisburg, PA 17101
717-260-1861

Cultural Events Whitaker Center

222 Market Street, Harrisburg, PA 17101
717-221-8201

Parents and children enjoy more than **200 individual** "hands-on, minds-on" exhibits designed to create an education playground for imagination, reasoning and discovery.

Permanent exhibits are located on three levels in **20,000 square feet** of space. Exhibits include: Lower Level...Color and Light, Sound and Music, Physics, Kids' Hall; Street Level...People and Diversity, Environment and Ecology, Mathematics in Nature and Art; Arcade Level...The Gateway, Health and Wellness. In addition to hands-on interactive exhibits, the Harsco Science Center also features **Stage Two**, a "black box" theater; **Big Science Theatre** productions; Classrooms (2), **Explorer's Club** and **Discovery Central**; (3) Multipurpose rooms. Call 717-214-ARTS for shows, schedules and prices.

Sporting Events Hershey Bears Home Games at the Giant Center

January 10, Bears vs Albany River Rats, 7:00 PM

January 11, Bears vs Bingham Senators, 5:00 PM

January 17, Bears vs Bridgeport Sound Tigers, 7:00 PM

January 18, Bears vs Cleveland Barons, 5:00 PM

January 21, Bears vs Springfield Falcons, 7:30 PM

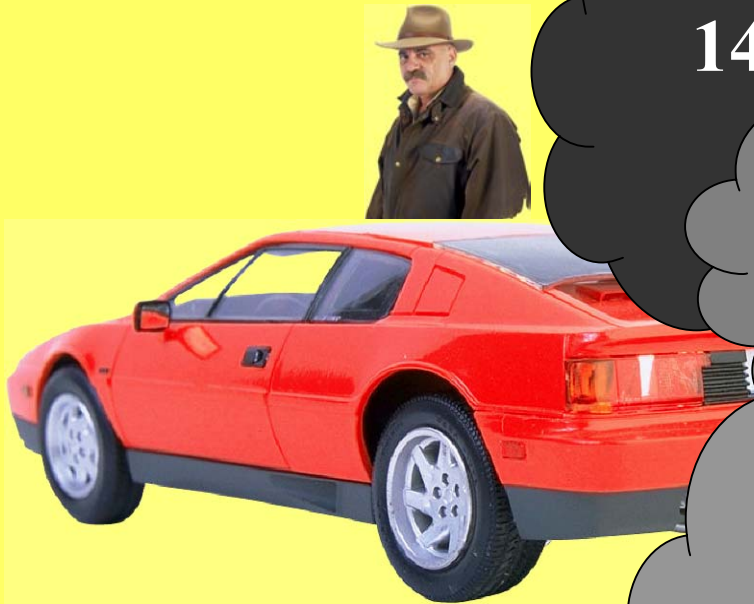
January 24, Bears vs. Philadelphia Phantoms, 7:00 PM

January 28, Bears vs Providence Bruins, 7:30 PM

January 31, Bears vs Providence Bruins, 7:00 PM

(Hershey) BEAR FACTS
Ice hockey came to Hershey, PA during the depths of the Depression, in 1931. The first game was played on February 18, 1931, when Penn A.C. faced off against Villanova. The first team to officially call Hershey its home was the Swathmore A.C., playing in the 1931-32 season. They played before sellout crowds. Milton S. Hershey and John B. Sollenberger then determined that hockey was here to stay. The following season, the **HERSHEY B's** joined the Amateur Hockey League and played scheduled games against teams from Baltimore, Atlantic City and Philadelphia. In 1938, the **BEARS** officially joined the American Hockey League and have remained a fixture in the AHL for 61 consecutive seasons.

**DDSP Auto Center
Everything You Need to Know
About
Emissions Testing in Pennsylvania**



**January
14 & 21**

**4:00 – 5:00
PM**

**Auto Center
Bldg 250**

**Call 770-5701 to make your
reservations now for this great class!**